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CELEBRITY SUPERFAN GETS
HELP FROM COMEDIAN
CHELSEA HANDLER TO START
HIS OWN TALK SHOW
ABOUT HOLLYWOOD'S
IN-CROWD **PAGE 11**



Western pitch promises big job boost

\$90M investment in West-
ern Research Parks could re-
turn some 750 jobs, council-
ors told on Monday **PAGE 4**

'Yet another mass shooting': U.S. president

Shooting rampage in the
heart of a U.S. Navy complex
in Washington left 13 dead
Monday morning **PAGE 6**

Smartphone owners equal smart shoppers?

Experts predict most local
searchers will come from
smartphones in 2014 **PAGE 16**

1 dead, 1 arrested after house fire



Investigators make notes on the front porch of a burned home at 361 Manitoba St. Police are probing the death of a person found inside as a homicide. SCOTT TAYLOR/METRO

East end. Police say
victim and suspect
knew each other



**SCOTT
TAYLOR**
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A London man has been ar-
rested after police found a
body in a burned-out home at
361 Manitoba St.

Police say the Monday in-
cident is being investigated as
the city's fourth homicide of
the year.

The name of the suspect
and victim have not been
released, but police say they
knew each other. Charges
had not been laid as of late
Monday afternoon.

An autopsy to determine
the cause of death is sched-
uled for Tuesday morning.

Neighbours said a man in
his 40s or 50s who owns a
landscaping business moved
in to the house a short time
ago.

Three vans with a land-
scaping company's logo were
parked outside the house

Where it's at

- Manitoba Street is in the
city's east end.
- It runs south of Dundas
Street ending at East
Lions Park

Monday. There has been no
confirmation that the victim
was the man neighbours de-
scribed as quiet and one who
kept mostly to himself.

One Manitoba Street re-
sident said he was coming
home from work when he
saw thick, grey smoke plum-
ing from the rear of the house
and called 911.

Moments later, at about
3:30 a.m., firefighters and po-
lice arrived on the scene.

"I saw the smoke coming
out the back, and I called it
in and the cops were here
and then the fire trucks came

about five minutes later,"
Roger Vasseur said. "It was
really thick, grey smoke."

Vasseur said he saw his
neighbour on the street a few
times, but they knew each
other only well enough to say
"hello" in passing.

Damage to the residence
is estimated at \$100,000.
Anyone with information is
asked to call police at 519-
661-5670 or Crimestoppers at
(800) 222-8477.

The homicide comes only
a week after London's third
of the year. That incident
happened Sept. 8 at the Trav-
elodge Hotel on Exeter Road.

Alex Fraser, 20, of Orange-
ville was stabbed to death and
his body was dismembered,
police have said.

Another Orangeville
man, 20-year-old James Mc-
Cullough, has been charged
with second-degree murder
and committing an indignity
to a body.

Quoted

"I saw the smoke coming out the back.... It was
really thick, grey smoke." Roger Vasseur, Manitoba St. resident

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Saturday
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General Motors

Cami workers reach deal, avoid strike

Workers at Cami Ingersoll will remain on the job at the General Motors plant after voting overwhelmingly in favour of a four-year deal Sunday.

Unifor 88 workers voted 90 per cent in favour of the deal that includes a \$3,000 signing bonus and annual lump-sum payments of \$2,000 in each of 2014, 2015 and 2016. The union represents more than 2,500 workers at Cami.

Employees were facing their first work stoppage in more than two decades.

Negotiations had been ongoing since the previous contract ended in March.

According to information from Unifor, the agreement also protects current pension benefits for active workers and retirees and provides full-time, permanent jobs to hundreds of temporary workers by eliminating the Supplemental Workforce Employment program, among other gains.

Unifor national president Jerry Dias called the new agreement a beachhead in the union's campaign to win good, permanent jobs in Canada's increasingly precarious jobs market.

"This was not an easy round of negotiations, but the committee managed to carve out some important victories, including breaking the company's reliance on temporary work," he said. **SCOTT TAYLOR/METRO**



Middlesex-London EMS are testing this machine which performs CPR mechanically, freeing up first responders' hands to take on other treatment while patients are in transit. **SCOTT TAYLOR/METRO**

Restarting hearts

EMS. Machine could make big difference for cardiac patients



SCOTT TAYLOR
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Middlesex-London EMS crews are already among the best in the country at saving cardiac-arrest victims, but new equipment they're testing could see that success rate climb.

The national average for survival of cardiac arrest is a terrifying 10 per cent. Middlesex-London paramedics, how-

ever, boast a 30 per cent survival rate, superintendent of education Jay Loosley said.

"We're seeing the highest rates of survival from cardiac arrest that we've ever seen," he said.

Loosley said paramedics have been striving to minimize the crucial few seconds between shocking the patient with a defibrillator and the resumption of CPR.

"The longer you're off the chest doing something, the more the chance of survival goes down," said Loosley. "We're trying to focus on hands off the chest, shock him, and hands back on the chest. Some of our medics are

doing it in about one or two seconds, which is amazing."

Upping the odds is a machine that performs CPR automatically, freeing the paramedic to offer more treatment to the patient.

Crews are in the midst of a three-month trial with the machine.

"It provides mechanical chest compressions to cardiac arrest victims," Loosley said. "The benefit is it can allow paramedics to have their hands free. They don't need to be on the chest and it's always perfect."

Currently, three of them are being tested, but the cost is prohibitive at \$12,000

At a glance

- This year, Middlesex-London EMS will train over 500 people in CPR and deliver 51 free automated external defibrillators to the community.

apiece.

Loosley's a fan, though.

"When you stop CPR to do anything, even for a few seconds, that's when you see your (chance of) survival go down," he said.

"With this, someone is always on the chest."

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Manufacturing sector. Economic tide turning in London: BMO report

London's economy is nearing a rebound, according to a new report from BMO Economics.

The next three years will bring 6,000 new jobs to the city, the report says.

"While the manufacturing sector continues to present challenges for London's economy, diversity remains one of its major strengths," said Robert Kavcic, senior economist with BMO capital markets. "As an example, there has been recent talk of repurposing the Ford plant in St. Thomas — closed in 2011 — as a major food-processing facility, a sector that continues to perform well across Ontario."

A more robust U.S. economy, expected to grow more than three per cent next year, should provide some

much-needed support to manufacturing as the sector continues its recovery, the report says.

The report is the latest in a series of BMO economic, housing and business overviews for cities and regions across Canada.

London's housing market has been relatively stable since the recession, the report shows. Houses remain affordable with the average price coming in a little more than three times the median family income, which is among the lowest of Canada's larger cities.

Employment has rebounded roughly four per cent from the recession low in London but remains about five per cent below peak-2007 levels.

METRO

Imprisoned in Egypt. Tarek Loubani and John Greyson on hunger strike

Jailed London emergency doctor Tarek Loubani and Toronto filmmaker John Greyson have started a hunger strike.

News of the strike came a day after Loubani and Greyson learned they will spend at least another two weeks in an Egyptian jail. They were arrested Aug. 16 after sources say they entered a Cairo-area police station to ask for directions.

An Egyptian prosecutor has since linked them to a scheme to attack a police station with other men, who have also been arrested and held behind bars.

The pair were passing through Egypt on their way

Family support

"We know that they did not take the decision to begin a hunger strike lightly, and we want them to know we will do everything we can to support them and get them home soon."

John Greyson's sister Cecilia, in a release.

to Gaza, where Loubani was planning a medical mission. Greyson was along to film a documentary.

SCOTT TAYLOR/METRO, WITH FILES FROM TORSTAR NEWS SERVICE

Boys' and Girls' Club

Leafs vs. Flyers game helped raise \$9K for kids' charity

Global Spectrum Facility Management netted \$9,085 for the Boys' and Girls' Club of London during fundraising efforts at Sunday's Philadelphia Flyers versus Toronto Maple Leafs preseason game.

The money came from a 50-50 draw and donations from a "battle-of-the-

sections" promotion.

This marks the ninth year the Flyers have played a preseason game at Budweiser Gardens and the third year they've faced the Leafs in the contest.

Sunday's sold-out crowd brought 8,727 fans to the venue.

The Boys' and Girls' Club provides programs that help children experience new opportunities, build positive relationships and overcome barriers. METRO



London North Centre MP Susan Truppe, left, Science and Technology Minister Greg Rickford and Western University associate professor Dr. Jim MacGee are pictured during a Monday announcement at the university. MIKE DONACHIE/METRO

Be smart about debt, Western prof warns

Right on the money.
Economist Dr. Jim MacGee has a message for Canadian families



MIKE DONACHIE
mike.donachie@metronews.ca

Dr. Jim MacGee had a stark warning on Monday about debt.

People need to take a deep breath and ask themselves the tough financial questions that many often avoid, he advised.

"You have to sit down and have a conversation in your household," he said. "You have to think very carefully about what level of debt you're comfortable with and what level of debt you could sustain if your interest rates go up."

"Also, if you (lose) your job for six months, or you take six months off to have a baby, could you manage the bills without falling behind?"

The Western University associate professor knows a thing or two about the topic. He's in the midst of groundbreaking research into con-

sumer debt and how it affects the economy.

MacGee, who's just received \$223,237 from the government to continue his work, is looking at links between what households consume and nationwide issues like debt, bankruptcies and interest rates.

Metro asked MacGee if Canadians are borrowing too much and if Canada's heading for a fall.

He said that's what his research is asking, but added: "Are we right to flag this as a potential danger? Yes. Do we need to do a lot more work on evaluating the risk? Yes."

Canadians' debt

- **\$25.9 billion:** Amount borrowed by Canadians in the second quarter of 2013
- **\$18 billion:** Amount of the second-quarter borrowing attributed to mortgages

On Friday, Statistics Canada said the average Canadian owes a record \$1.63 for every \$1 of disposable income they earn in a year.

Government announces millions in funding for 'best and brightest'

Millions of dollars of government research funding was announced Monday, and with it came praise for Western University.

Federal Science and Technology Minister Greg Rickford was at the university to announce new federal sup-

port for "Canada's best and brightest minds."

At Western's social sciences centre, watched by many of those who will benefit, Rickford announced more than 760 grants totaling about \$107 million to be given via the Social Science

and Humanities Research Council.

Accompanied by London MPs Susan Truppe and Ed Holder, Rickford singled out Western's \$2.4-million share as "a testament to the quality" of the university, its work and its staff.

He cited Dr. Jim MacGee's economic research in London as an example of how the grants will benefit the country, giving Canadians and decision-makers "the tools to make informed choices."

MIKE DONACHIE/METRO

Western Research Parks expansion is expected to create 750 jobs

Support. The city has pledged \$10 million over 10 years for the project



MIKE DONACHIE

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There was delight at city hall Monday as councillors were told of a \$90-million investment at Western University that could create 750 jobs.

The thrills didn't stop there. The pitch from Western Research Parks was asking for help, but it won't cost the city a bean.

In fact, partway through a presentation to the investment and economic prosperity committee, officials learned the changes will mean a windfall for the city. By 2015, Western will no longer need its \$200,000 of annual city support for its Stiller Centre.

Paul Paolatto, executive director of Western Research Parks and its business development arm, WORLDDiscoveries, said the current space for businesses has a 98 per cent occupancy rate and a waiting list.

"We are ultimately the bridge between research and

Ballooning business

Western Research Parks wants to expand its centres with the following spending, combining private investment and government funding:

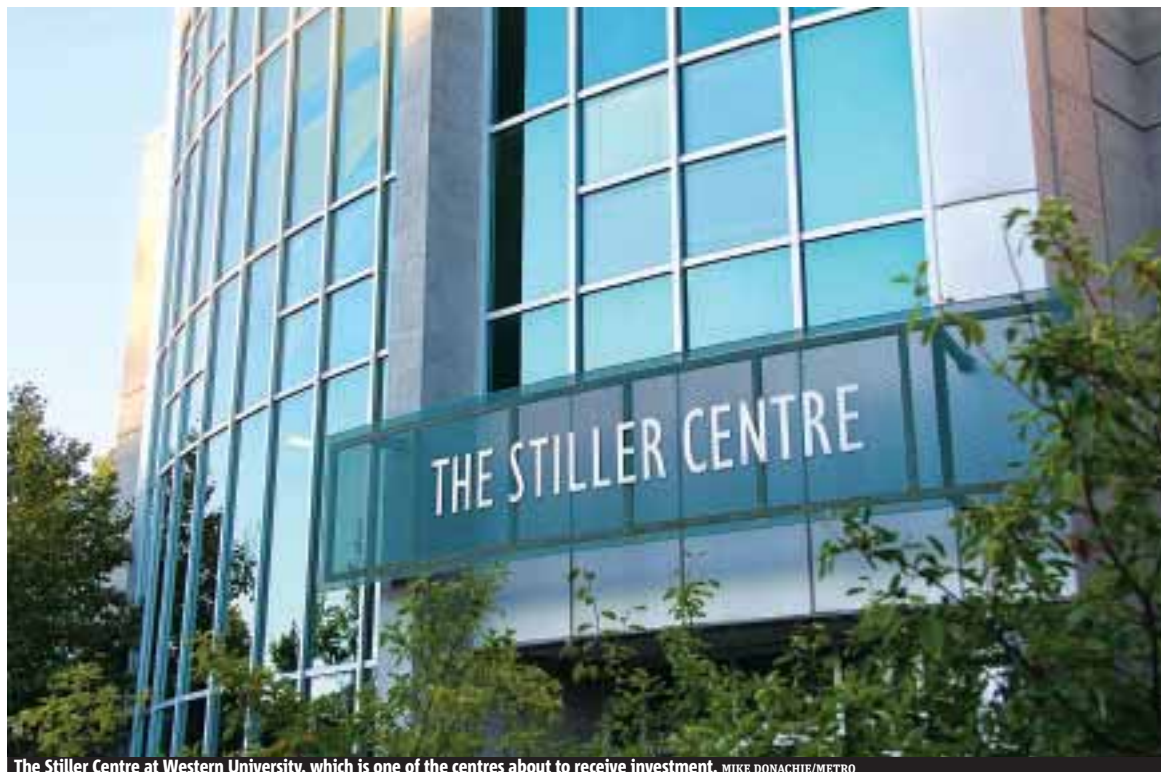
- \$20 million for the Advanced Manufacturing Park near Highway 401.
- \$33 million for the Stiller Centre at Western University.
- \$22 million for biomedical centres.
- \$15 million for the Innovation Village at Western.

the market," Paolatto said.

So the research parks, he said, need to expand. The funding pitches are under way, with a total of \$90 million being sought.

He estimated the expansion would create 500 to 750 jobs at facilities that are already worth \$130 million in regional economic activity. That could increase by \$75 million, with the first shovels in the ground in late 2014.

Coun. Matt Brown described



The Stiller Centre at Western University, which is one of the centres about to receive investment. MIKE DONACHIE/METRO

the project as "very exciting," and Mayor Joe Fontana called the presentation "incredible."

The same meeting heard

an update on the Medical Innovation and Commercialization Network, the partnership between London's hospitals,

Western and other leaders in medicine and research

The project, described as moving "full speed ahead"

with a business plan expected next month, is expected to create 350 "knowledge-based jobs."

Weather being blamed for dip in Western Fair attendance

Attendance at this year's Western Fair fell by more than 11 per cent, organizers said Monday, with 170,795 people.

Still, fair district CEO Hugh Mitchell was talking a positive note.

"The 138th edition of the Western Fair was a success on many fronts, particularly in its delivery of our brand promise in which we state ... you can count on us to always provide entertaining experiences that enrich your life and our community," he said.

Weather is being blamed for the challenging year.

The fair saw one rainy day on opening weekend. Then, after a bit of a reprieve, Tuesday brought record heat "that fried back bacon before it hit the grills," district officials

By the numbers

Western Fair attendance:

- 2013: 170,795
- 2012: 194,000
- 2011: 176,049
- 2010: 178,110
- 2009: 217,987
- 2008: 187,142

said.

This year marked the first time the fair was closed early because of safety concerns. That came Wednesday as a storm ripped through the city.

Then, the week ended with frost, and requests for hot chocolate and sweaters from guests, officials said.

After the first weekend, at-



Mallory Heslinga, left, and Nicole Adams take a whirl through the Western Fair midway last week. MARK SPOWART/FOR METRO

tendance — which has now hit its lowest point since at least 2008 — was trending above average when compared to 2012, officials said. Last year,

194,000 people came through the gates, a big surge compared to what had been dwindling numbers before that.

MIKE DONACHIE/METRO

Municipal politics

Popular candidate to seek seat at city council

A city council big-hitter is making a comeback, but somebody's in his way.

Former Coun. Bernie MacDonald, who served Ward 3 for 28 years, has announced his intention to be on the ballot in next year's municipal election.

Coun. Joe Swan, who currently represents the ward, said Monday he hasn't decided if he will seek re-election.

"It's a democratic process," he said. "All are welcome, and it's always been good for people to have a choice."

MacDonald didn't seek election in 2010 — the year Swan took the seat — but in 2006 won with 73 per cent of the vote.

As for Swan, he says there's lots of work to

Quoted

"You put forward your vision and the community should have a choice. The people's will goes far beyond any individual."

Coun. Joe Swan, in regards to his election prospects.

do before thinking about the election. Right now, he said, he's focused on important tasks like job creation.

As for his election prospects, he added: "You put forward your vision and the community should have a choice. The people's will goes far beyond any individual."

MIKE DONACHIE/METRO

On the web

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UN: 'Convincing evidence' of chemical attack in Syria

Inspection. Still not clear who's to blame as war crimes panel says they're investigating 14 suspected attacks

Careful not to blame either side for a deadly chemical weapon attack, U.N. inspectors reported Monday that rockets loaded with the deadly nerve agent sarin had been fired from an area where Syria's military has bases, but said the evidence could have been manipulated in the rebel-controlled stricken neighbourhoods.

The U.S., Britain and France jumped on evidence in the report — especially the type of rockets, the composition of the sarin agent, and trajectory of the missiles — to declare that President Bashar Assad's government was responsible.

Russia, Syria's closest ally, called the investigators' find-

Wandering helicopter

Turks down Syrian pilots

A Turkish fighter jet shot down a Syrian military helicopter on Monday after it entered Turkish airspace and ignored repeated warnings to leave, an official said.

The helicopter strayed two kilometres into Turkish airspace, but crashed inside

Syria after being hit by missiles fired from the jet, Turkey's deputy prime minister, Bulent Arinc, told reporters.

Arinc said he did not have any information on the fate of the Syrian pilots, but Rami Abdul-Rahman, director of the Syrian Observatory for Human Rights, said rebel fighters captured one of the pilots, while the fate of the other one was unclear.

ings "deeply disturbing," but said it was too early to draw conclusions. The Syrian government's claims that opposition forces were responsible for the attack "cannot be simply shrugged off," Russian Ambassador Vitaly Churkin insisted.

The conclusions represented the first official confirmation by impartial scientific experts that chemical weapons were used in Syria's civil war,

but the inspectors' limited mandate barred them from identifying who was responsible for the Aug. 21 attack.

"This is a war crime," U.N. Secretary-General Ban Ki-moon told the Security Council when he presented the report. "The results are overwhelming and indisputable. The facts speak for themselves."

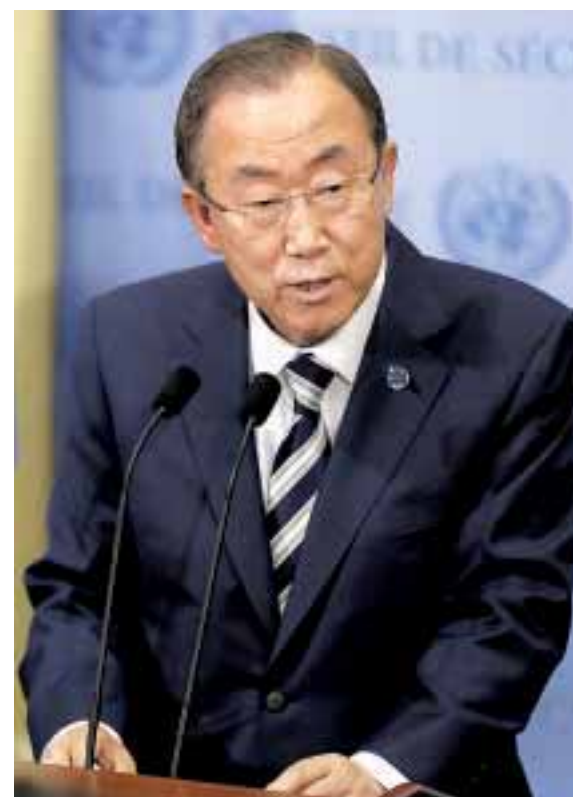
Ban called it "the worst use of weapons of mass destruction

in the 21st century."

The deep division between Western backers of rebels seeking to overthrow Assad and Russian and Chinese supporters of the regime has paralyzed the U.N. Security Council since the Syrian conflict began two and a half years ago.

Even though the U.S. and Russia agreed Saturday on the framework to put Syria's chemical weapons under international control for future destruction, their top diplomats were at odds Monday over a new Security Council resolution that would make the deal legally binding — and whether there should be a reference to possible military enforcement if Syria doesn't comply.

In Geneva, the chairman of a U.N. war crimes panel said it is investigating 14 suspected chemical attacks in Syria, dramatically escalating the stakes. Paulo Sergio Pinheiro said the panel had not pinpointed the chemical used or who is responsible. **THE ASSOCIATED PRESS**



United Nations Secretary General Ban Ki-moon speaks to reporters after a Security Council meeting about Syria. UN inspectors said Monday there is "clear and convincing evidence" that chemical weapons were used on a relatively large scale in an attack last month that killed hundreds of people. SETH WENIG/THE ASSOCIATED PRESS

Spain

Alleged al-Qaida recruiter arrested

Spain's Interior Ministry says police have arrested the suspected leader of a terrorist recruitment network that allegedly sent militants to carry out attacks for al-Qaida-linked groups in Syria.

A ministry statement said Spanish citizen Yassin Ahmed Laarbi was arrested Monday in the Spanish north African enclave of Ceuta.

THE ASSOCIATED PRESS

Japan

Ferocious typhoon downgraded

A powerful typhoon that lashed Japan with torrential rains, leaving two dead, was downgraded to a tropical storm Monday, although it was still dumping rain on parts of the country.

Officials said Typhoon Man-yi damaged homes and flooded parts of the country's popular tourist destination of Kyoto, where 260,000 people were ordered to evacuate to shelters.

THE ASSOCIATED PRESS

Mexico. At least 33 dead after two tropical storms cause flooding, landslides

Tropical Storm Ingrid and the remnants of Tropical Storm Manuel drenched Mexico's Pacific and Gulf coasts with torrential rains Monday, flooding towns and cities, cutting off highways and setting off deadly landslides in a national emergency that federal authorities said had caused at least 33 deaths.

The governor of the Gulf Coast state of Veracruz announced Monday afternoon that 12 people had been killed when a landslide hit a bus travelling through the town of Altotonga, about 40 miles northwest of the state

capital. Gov. Javier Duarte said the death toll could grow as bodies were recovered.

More than 23,000 people have fled their homes in the state due to heavy rains and 9,000 are in emergency shelters.

The heaviest blow Sunday fell on the southern coastal state of Guerrero, where Mexico's government reported 14 confirmed deaths. State officials said people had been killed in landslides, drownings in a swollen river and a truck crash on a rain-slickened mountain highway.

THE ASSOCIATED PRESS



Floodwaters rage after the Huacapa River overflowed due to heavy rains caused by Tropical Storm Manuel in Mexico. ALEJANDRINO GONZALEZ/THE ASSOCIATED PRESS

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13 dead in shooting rampage at Washington naval complex

Gunman shot dead.
Ex-military man involved in what Obama calls a 'cowardly act'

The U.S. capital became the latest American city to grapple with familiar scenes of chaos and bloodshed Monday when a former military man opened fire at the city's Navy Yard, killing 12 people.

While one gunman was also shot dead, police said there was one other potential perpetrator still at large, an armed man dressed in military garb. A third man, also clad in military-style outfit, was cleared as a suspect.

The dead shooter was identified as a 34-year-old Texas man, Aaron Alexis, a former Navy reservist.

Mayor Vincent Gray said officials had no reason to believe it was an act of terrorism, but the motive remained unclear.

Initial reports suggested the now-dead shooter entered

the complex with stolen ID, fatally shot a security guard and was targeting specific people.

Eyewitnesses said the gunman situated himself at a fourth-floor overlook and was shooting down at people at the cafeteria on the first floor. He had an assault rifle, a shotgun and a pistol, police added.

Alexis was investigated in Fort Worth three years ago when he was arrested for shooting a hole through the ceiling of his home and into a neighbour's apartment.

Alexis told police he was cleaning his gun when it went off accidentally, but in the police report, the neighbour said she suspected Alexis had deliberately fired the gun through her floor because he had complained she made too much noise.

He was also investigated for shooting out the tires of another man's car in Seattle in 2004. His father told police his son suffered from post-traumatic stress disorder.

THE CANADIAN PRESS



People are escorted out of the building where a deadly shooting rampage occurred at the Washington Navy Yard in Washington, D.C. on Monday. Inset, a photo of now-dead Aaron Alexis, who police believe was one perpetrator. JACQUELYN MARTIN/THE ASSOCIATED PRESS; INSET: FBI/THE ASSOCIATED PRESS

Charter of Values is doomed, Harper predicts



The Harper government has promised to intervene legally if it determines PQ's values charter violates fundamental rights. JONATHAN HAYWARD/THE CANADIAN PRESS

Prime Minister Stephen Harper has predicted that the Parti Quebecois' controversial values charter will fail because of opposition within Quebec.

The prime minister made his first remarks since the Quebec government released a plan last week that would bar people with religious headwear from working in the public service.

Harper was asked during a news conference Monday about the controversial proposal, following the release of a poll on the subject.

"I do not see the charter in its current form going anywhere," Harper said. "I think the common sense of Quebecers will force this towards a reasonable conclusion."

Despite the PQ's repeated efforts to turn the debate into a Quebec-versus-Canada squabble, Harper noted that the support is also less than stellar within Quebec.

Harper pointed out that none of the other three parties in the Quebec legislature supports the PQ plan in its current form.

He was speaking after the release of a poll Monday that suggested a split in Quebec public opinion — although the response specifically from francophones was 49 per cent support for the PQ plan, 34 per cent opposed and 17 per cent refusing to answer.

That finding suggests a notable shift from similar polls before the plan was formally introduced, when a crushing majority had expressed support for a charter like the one the PQ proposed.

THE CANADIAN PRESS

Key battleground

The poll of 2,000 does point to one area where the charter is especially popular: the northern and southern belt around Montreal.

- Nearly one-quarter of the province's seats are in that belt. The PQ is nine seats shy of a majority and, in that region, was narrowly defeated in over a half-dozen ridings last year.

\$1 million

RCMP kept quiet on long-gun costs with info in hand

The RCMP repeatedly stonewalled media inquiries for months about the price tag for destroying the federal long-gun registry data, even though the force had a full cost estimate in hand.

The Mounties had a

detailed breakdown more than a year ago that showed fulfilling the Conservative promise to kill the registry would cost about \$1 million.

A presentation laying out the plan and its costs was provided under an Access to Information request following an 11-month delay.

In the meantime, RCMP officials refused to answer questions about whether any such costing had been done. THE CANADIAN PRESS

Sexist tweets

Three firefighters turn fired-fighters

Three Toronto firefighters have lost their jobs over inappropriate comments made on social media.

Toronto Fire Chief Jim Sales says the firings are the result of an internal investigation launched after a media report in August said two firefighters posted

sexist messages on Twitter.

Sales says those two firefighters along with a third have now been let go after the probe discovered "significant findings" of inappropriate social media use and public comments that ran afoul of city policies.

A spokesman for the Toronto Professional Fire Fighters' Association had suggested the tweets were referencing quotes from a TV show. THE CANADIAN PRESS

320 km, \$30,000

GM working on electric car that goes farther for less

As automakers race to make cheaper electric cars with greater battery range, General Motors is working on one that can go 320 kilometres per charge at a cost of about \$30,000, a top company executive said.

Vice-President of Global Product Development Doug Parks wouldn't say when or if such a car will be built.

Currently GM sells the \$35,000 Chevrolet Volt plug-in hybrid, which can go 61 kilometres on electricity before a gas-powered generator kicks in. It also offers the all-electric Chevy Spark subcompact that can go 132 kilometres on a charge. It starts at \$26,685.

THE ASSOCIATED PRESS

Indian girl, 13, enrolls in masters of microbiology, hopes to be an MD

Eat, sleep, study.

Daughter of labourer eyes graduate degree; father sells family's land to help pay tuition

In a country where many girls are still discouraged from going to school, Sushma Verma is having anything but a typical childhood.

The 13-year-old girl from a poor family in north India has enrolled in a master's degree in microbiology, after her father sold his land to pay for some of his daughter's tuition in the hope of catapulting her into India's growing middle class.

Verma finished high school at the age of seven and earned an undergraduate degree at 13 — milestones she said were possible



Master of science student Sushma Verma, 13, inside her one-room residence, with mom nearby, in Lucknow, India. RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

only with the sacrifices and encouragement of her uneducated and impoverished parents.

"They allowed me to do what I wanted to do," Verma said in an interview Sunday, speaking her language

of Hindi. Verma lives a very modest life with her three younger siblings and her parents — eating, sleeping and

studying alongside them in a cramped single-room apartment in Lucknow, in Uttar Pradesh. **THE ASSOCIATED PRESS**

Dad's help key

Brother and sister both prodigies

Sushma Verma's first choice was to become a doctor, but she cannot take the test to qualify for medical school until she is 18. "So I opted for the M.Sc. and then I will do a doctorate."

Verma — a skinny, poised girl — is not the first high-achiever in her family. Her older brother was one of India's youngest computer science graduates at 14. For Verma, her father sold his only land for \$400 to cover some of her fees.

THE ASSOCIATED PRESS

Turkey info

Men will now help man the Butterball line

This year if you call Butterball's Turkey Talk Line for some cooking advice, you might get a male voice on the line.

For the first time, Butterball is enlisting the help of men as well as women for its Turkey Talk Line during the holidays. And the turkey seller is seeking the first male talk-line spokesman this year, as well.

The talk line, which is 32 years old this year, has long offered advice to anyone overwhelmed by making the perfect turkey on the holidays.

It has been improving its services, last year launching a smartphone app, Facebook live chats, Pinterest posts and other social media tools. But the line, which has grown from six operators to 60 since it launched in 1981, has never hired men before. "We have seen more and more men involved in Thanksgiving dinner," said Mary Clingman, director of the Butterball line.

THE ASSOCIATED PRESS



Diversity and Miss America

Newly crowned Miss America Nina Davuluri speaks on Monday. She was asked about some social media users who are upset that someone of Indian heritage won. "I have to rise above that," she said. Nina is the first Miss America of Indian descent. **GETTY IMAGES**

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Blobfish the face of UAPS. Appreciating all creatures great and disgusting

Everyone goes crazy for pandas but what about the less esthetic wonders of the animal world? The Ugly Animal Preservation Society (UAPS) aims to support endangered creatures that are unpleasant to look at, through a national tour that combines comedy and education. In an online competition, the blobfish (*Psychrolutes marcidus*), a flabby, gelatinous mass found off the southeast coasts of Australia, was voted as the society's official mascot. UAPS chief and biologist Simon Watt told us more.

The blobfish apparently looks a lot better in its natural habitat on the bottom of the ocean. Are you contributing to its bad image?

Fair enough — we don't have a leg to stand on with that, except that we are being satirical, and the main point is that the blobfish is still neglected and we want to champion it.

Blobfish look so miserable — can you cheer them up?

It's being driven to extinction so it deserves to look sad. Just let them be hideous in peace.

Should you also consider undermining "pretty" animals? Dolphins are so overrated.

Why so serious?

"It's being driven to extinction so it deserves to look sad. Just let them be hideous in peace."

Ugly Animal Preservation Society chief and biologist Simon Watt, on the blobfish's miserable appearance.

No, dolphins might well be aggressive and less intelligent than we believed but they are still fascinating and we should do everything we can to preserve them.

What can you do for these hideous creatures?

We're mainly showing that the natural world is interesting to people through comedy. When you read articles about nature it's just a list of what's extinct. But everywhere on our tour people have got behind ugly animals — in London they like the proboscis monkey, in Brighton the mole rat, in Winchester the "scrotum frog."

Would you adopt one?

I would gladly appear in public with them and have done (so) on the tour. One student is doing a PhD on a horrid beetle so the appreciation is spreading.

KIERON MONKS/METRO WORLD NEWS



The blobfish (*Psychrolutes marcidus*) is the official mascot of the Ugly Animal Preservation Society. NORFANZ FOUNDING PARTIES

You Kant do that!

Philosophy discussion ends in gunfire in Russia

An argument in southern Russia over philosopher Immanuel Kant, the author of *Critique of Pure Reason*, devolved into pure mayhem when one debater shot the other.

A police spokeswoman in Rostov-on Don, Viktoria Safarova, said two men in

their 20s were discussing Kant as they stood in line to buy beer at a small store on Sunday. The discussion deteriorated into a fistfight and one participant pulled out a small non-lethal pistol and fired repeatedly.

The victim was hospitalized with injuries that were not life-threatening. Neither person was identified.

It was not clear which of Kant's ideas may have triggered the violence.

THE ASSOCIATED PRESS



Winnipeg protesters send out an SOS for science

Aquatic ecologist Diane Orihel addresses about 100 people who gathered for a rally at the University of Winnipeg to protest the Stephen Harper government's "erosion of science in Canada." Among the top 10 "hits" to science: cuts to Parks Canada, libraries and Archives Canada, the downsizing of the Canadian Food Inspection Agency, and the muzzling of scientists. BERNICE PONTANILLA/METRO IN WINNIPEG

It takes a village — to be telecom pioneers

Mexico. Talea de Castro may be first community to own, administer, operate what is essentially a mini-telecom company



Local community radio announcers Keyla Mesulemeth, left, and Mauricio Flores Loza use their cellphones running on the TaleoGSM network in San Miguel Talea de Castro, Mexico. AGUSTINE SACHA/THE ASSOCIATED PRESS

The communications revolution that swept the globe missed the Zapotec village of Talea de Castro high in the mountains of southern Mexico, where making any sort of call meant trudging to a community telephone line and paying what could be a day's wages for a crackly five-minute conversation.

Making connections

"This has been a project that has really worked in keeping people in touch. Before, people couldn't talk much because it cost so much."

Keyla Ramirez Cruz, a Talea resident, who anchors a program on the community radio station and co-ordinates the new phone system.

All that has changed, thanks to an ingenious plan that backers hope can bring connections to thousands of other small, isolated villages

around the world.

Using simple radio receivers, a laptop and relatively inexpensive Internet technologies, the people of the village have leapfrogged into the 21st century by setting up what amounts to their own mini-telecom company — one capable of handling 11 cellphone calls at a time at a small fraction of what they used to pay.

The system uses a small antenna to capture calls with a software-controlled base radio,

Out with the old

In just six months, more than 720 residents have signed up to use the new system.

- Local calls made on off-the-shelf cellphones are free, and phoning relatives in Los Angeles costs just 20 centavos (1.5 cents) a minute. What's more, every subscriber has a distinct mobile number.

essentially a generic radio set that can operate more cheaply and simply and use less power because the software is now doing most of the work.

Free and open-source software replace complex proprietary cellphone systems to receive, route and bill calls. Those programs are also designed to easily interface with Internet-based services such as Skype, linking the system to the outside world.

THE ASSOCIATED PRESS

Aerospace. Bombardier's CSeries jet takes test flight

Bombardier's CSeries aircraft completed its maiden flight Monday, in a successful test run of a new narrow-body airplane design that promises to support Canada's aerospace sector and its thousands of jobs.

Thousands of employees, suppliers and invited guests cheered as the gleaming CS100 plane quietly lifted off the runway at Mirabel airport north of Montreal. It landed about 2 1/2 hours later after conducting a fly past.

The pilot exited the test airplane waving and lauding the aircraft's performance, save for one unspecified "minor problem."

"It went very well," Chuck Ellis said.

Earlier, senior company executives gave each other big hugs after the aircraft successfully took off, nearly a decade after it was first introduced and following several delays over nearly nine months.

Company chairman Laurent Beaudoin and his son Pierre, the president and chief executive, said they were very pleased with the inaugural flight. "For me it's a great day, a new step



Bombardier CEO Pierre Beaudoin, right, with commercial aircraft chief Mike Arcamone after the CS100 test flight on Monday. THE CANADIAN PRESS

Canadian-designed

- Bombardier aerospace president Guy Hachey said the CSeries is the world's first new narrow-body design in 26 years. It's also the first major Canadian-designed aircraft since the Avro Arrow.

in Bombardier today," the elder Beaudoin said in an interview in between hugs of congratulations and photos with employees. THE CANADIAN PRESS



Copyrighting a polar bear

In this 2007 photo, Knut, the polar bear cub, has his first public appearance in the Berlin Zoo. On Monday, a European court upheld the zoo's copyright claim against a British firm that sought to market products under the name "Knut — Der Eisbaer," which is German for "Knut — The Polar Bear." The court ruled that British company Knut IP Management Ltd.'s product-line name too closely resembled the Berlin Zoo's earlier trademarked brand Knud, and could confuse consumers looking to purchase merchandise related to the zoo's most famous animal. Knut was hand-raised after his mother rejected him. He rose to stardom in 2007 as a cuddly cub, appearing on magazine covers, in a film and on mountains of merchandise. He died in 2011 after suffering from encephalitis. THE ASSOCIATED PRESS FILE

Cape Canaveral, Fla.

Cargo ship makes debut run to ISS

A Virginia company makes its debut this week as a space station delivery service, and the lone American aboard the orbiting lab is counting on a fresh stash of chocolate. NASA astronaut Karen Nyberg said she can't wait for this weekend's arrival of a new cargo ship named Cygnus. It will be the first shipment by Orbital Sciences Corp. to the International Space Station.

THE ASSOCIATED PRESS

Tehran

Iran could send cat into space

Iran's hunt for its next animal astronaut may turn to the distinctive and locally named Persian cat, an official said Monday, in another possible step by the country's ambitious aerospace program that has also raised Western concerns about spillover military applications.

THE ASSOCIATED PRESS

Wireless

Bell cuts price of U.S. roaming

Bell Canada says its mobile customers travelling in the U.S. will be able to pay lower fees for their roaming packages. The company said it's making the change in response to consumer feedback over the summer, and that the 30-day U.S. travel bundle, which formerly cost \$50, will be reduced to \$25 for a specified amount of call minutes, texting, web usage and other data.

THE CANADIAN PRESS

Market Minute

DOLLAR
96.85¢ (+0.20¢)

TSX
12,816.88 (+93.48)

OIL
\$106.59 US (-\$1.62)

GOLD
\$1,317.80 US (+\$9.20)

Natural gas: \$3.74 US (+6¢)
Dow Jones: 15,494.78 (+118.72)

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FALL FASHION ON A SHOESTRING

I'm not a fashion writer; I don't know how to theorize about textures or what makes one designer more important than another. But I do take a recreational interest in the clothes I put on my body.

Since I recently bought a new home I now have a mortgage, which in turn means I no longer have a clothing budget. Rather than investing in new designer wares for the season, I've been watching various international fashion weeks unfold through the eyes of stylish Instagram users and taking notes on how to wear my existing clothes in new ways.

And so, inspired by the world of impossibly high-heeled fashion bloggers, here are a few easy wardrobe tweaks to help you look as if you're strutting between runway shows rather than dashing from the office to your local Tim Hortons.

Sleeves are so passé. It's getting cold out there, but if you're still putting your jacket on properly then you're doing it wrong.



SHE SAYS
Jessica Napier
metronews.ca

Rather than slipping into your sleeves, adopt the style de rigueur and casually drape your outerwear over your shoulders instead. A slung-jacket will guard you from the cold (kind of) but is incredibly difficult to maintain unless you keep your elbows glued to your rib cage. To prevent your coat-as-cape from slumping to the ground, remember that this sophisticated look is best worn while standing perfectly still and away from any crowds or strong gusts of wind. Caution: this style is not compatible with purses, cell phone use, public transit or any sort of arm movement.

Hot to crop. Crop tops made a valiant return this summer and the trend is sticking around for fall with a few additional layers to offset the chill brought on by a bare midriff. But there's no need to spend \$50 on a half a shirt when you can take a DIY approach instead. If you've got a pair of scissors, then you've got yourself a closet full of crop tops.

All white everything. Head-to-toe white is officially a thing now which means you don't have to stow away half your wardrobe once Labour Day has come and gone. Technically, winter white should be more of a creamy shade, but budget conscious individuals can simply repurpose their existing white jeans by trading boat shoes for boots. Keep in mind, there is a definite expiry date on any monochromatic white ensemble. Pale bottoms should be retired for the season once the snow begins to fall unless you fancy a grey slush splatter print creeping up the back of your legs.

Cap it all off. Every good Canadian owns at least one toque and finally the rest of the world is catching up with us. Now that these effortlessly cool knits have made the leap from skating rinks to street style, it's time to dig through that collection of slouchy caps hiding at the back of your closet. Not only are colourful toques a playful way to update your outfit, you'll also get bonus points for actually being practical in colder temperatures. Fashion and function together at last.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Shipwreck wrested from reef



MARCO SECCHI/GETTY IMAGES

Parbuckling begins on Costa Concordia

The parbuckling project to raise the stricken Costa Concordia continued Monday in Isola del Giglio, Italy. Efforts are underway to right the vessel, which sank on Jan. 12, 2012.

If the operation is successful, it will then be towed away and scrapped.

GETTY IMAGES

Captain on trial

- The Concordia's captain is on trial on the mainland for alleged manslaughter, causing a shipwreck and abandoning the ship during the chaotic and delayed evacuation. Capt. Francesco Schettino claims the reef wasn't on the nautical charts for the liner's cruise.

Submerged side damaged by sea

Images transmitted by robotic diving vehicles indicated that the submerged side of the cruise ship's hull had suffered "great deformation" from all its time on the granite seabed, battered by waves and compressed under the weight of the ship's 115,000 tons, engineer Sergio Giroto said.

THE ASSOCIATED PRESS

Largest vessel to undergo manoeuvre

The operation, known in nautical parlance as parbuckling, was used on the USS Oklahoma in 1943 after the Japanese attack on Pearl Harbor. But this 300-metre vessel is the largest cruise ship ever to capsized and subsequently require the complex rotation. THE ASSOCIATED PRESS

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Finally, hashtag haters, you've been heard. From journalists to marketers, hashtag abusers wreaking havoc on social media are being hushed and over-hashtagging is slowly coming to a halt. But Rome wasn't built in a day, and ridding the information superhighway of gratuitous tags takes time. Here's hoping we can hurry the process just a little. Presenting, the hashtag hall of shame.

#Yum #Mmmm:

I'm sorry to tell you, but pretty much no one cares what you're eating. Even if you use a filter and it looks like a Rachel Ray creation.

#SorryNotSorry:

Obviously you're not sorry, so why bother with the apologetic tease?

#FirstWorldProblems:

Complaining about Timmies' cup design just makes you sound ignorant to actual injustices around the world.

#yolo:

Just don't. Seriously. Don't.

Twitter

@metropicks asked: Giant jellyfish swarm Japan's coast as numbers rise. If there were a film, what would be the title?

@8zenuf4me: They must be jelly, because clams don't shake like that.

@LegendaryAres: Got Jelly?

@mubnii: "I don't think you're ready for this Jelly"

@Ducks_own: The Art of Man-of-War.

@DonaldTietz: don't worry the radiation will kill them or make them grow to the size of a house.

@Canucklehead_ca: Jellraiser IV: The Jellyfish Take Japan.

@Stephycool16: Japan's Giant Jellyfish problem

@DariaTuhtar: Jellyfishnado.

@8zenuf4me: Global swarming of jellyfish: Do they come in lime flavor?

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

DVD reviews



Iron Man 3

Director. Shane Black

Stars. Robert Downey Jr., Gwyneth Paltrow, Don Cheadle

Robert Downey Jr.'s brainiac billionaire Tony Stark calls himself a "piping hot mess," which also describes this third Iron Man saga: a smoking heap of chuckles and knuckles, set to the ring of jingle Bells and the clang of iron suits and war machines. Stark suffers anxious flashbacks of last year's *The Avengers* tussle while at the same time cockily daring this year's super villain, a terrorist called the Mandarin (Ben Kingsley), to bring it on, GWB style.

The taunt brings fire to Stark's Malibu pad, but *Iron Man 3* actually begins on New Year's Eve 1999, as Stark meets two players who will later demonstrate what "karma" means: sexy botanist Maya Hansen (Rebecca Hall) and frantic nerd Aldrich Killian (Guy Pearce). Jump to 2013 and Stark is dealing with as many challenges and threats as writer/director Shane Black (and co-writer Drew Pearce) can stuff into their Plot-a-Matic machine, which includes a fly-apart Iron Man outfit that acts as visual shorthand for Tony's fractured psyche.

He's as arrogant as ever, but strangely reluctant to suit up, even after the Mandarin hits hard.

We need to remind ourselves that this is a comic book movie, where logic stops for popcorn. On this basis, *Iron Man 3* offers a few twisted pleasures.

The bountiful extras include deleted and extended scenes, a commentary by Black and Pearce, a gag reel and several making-of featurettes.

PETER HOWELL



Ross Mathews got a boost from Chelsea Handler, who is executive producing his new talk show, *Hello Ross*. THE ASSOCIATED PRESS

Living a superfan's dream

Hello Ross. When it comes to celebrity obsession, Ross Mathews is king — and he's got his own show to prove it

With his high-pitch voice, infectious giggle and encyclopedic knowledge of pop culture and entertainment, TV personality Ross Mathews has broken into the in-crowd of Hollywood.

After starting out as Ross the Intern on *The Tonight Show*, he now counts Gwyneth Paltrow and comedian Chelsea Handler as friends.

Handler is also his boss.

She frequently uses him on her round table of commentators on E!'s *Chelsea Lately*. Now she's executive producing Mathews' own talk show called *Hello Ross*, airing Fridays on E!

"This really is the show that I always wish existed as a superfan myself," the 33-year-old said in a recent interview.

Hello Ross is different from *Chelsea Lately*. Handler's show specializes in snark, taking swipes at the latest celebrity gossip. Her interviews tend to knock stars down a few pegs, but Mathews is looking to build them back up on *Hello Ross*. It's an interactive experience where he both conducts interviews and also helps connect fans with their favourite entertainers.

Celebrities can be tough interviews because they're so rehearsed. And here you come and you're so happy and excited. Has that helped or hurt you?

Being a superfan in a town where a lot of times these interviews are mapped out with talking points, I think it's worked in my favour in terms of you catch people off guard with the energy and the knowledge that I have. It's led to some spontaneous moments.

You love celebrities but you've become one in your own right. What's that like?

I get to go into the parties and I pretend like I'm not freaking out and then I get into my car and I scream and I call my

mom and say, "O-M-G, guess who was at the party and guess what they ate and how many chicken fingers they had?" Because I was counting.

You grew up in a small town, Mount Vernon, Wash., loving showbiz from afar. Did people then think you were destined for fame?

Growing up, you know, wanting to do this and being what I am, which is like this cartoon version of like a gay person with a big voice and a high pitch, there were a lot of people who told me, "It's probably not gonna happen for you. Broadcasting? It's probably not the way you should go." I'm lucky.

THE ASSOCIATED PRESS

Kelly Rowland. The X-Factor judge is looking for passion, not a pretty face

Kelly Rowland has been through the highs and lows of the music industry, with its refusals and disappointments. Being signed, being dropped, being signed, then being placed on a shelf, as she puts it. Today she sits as one of four judges in the third season of the U.S. version of *The X-Factor*, and she's happy to share what she's learned with contestants this season.

"Coming up in the music industry I ran into people who

had some harsh things to say, but I grew more from people who actually were constructive and gave details about how I can grow," she says, "I paid attention to those people and wanted to apply that to the way I'm a judge, because it's about seeing people grow and be better and become something wonderful."

"I think, above anything, people love to see passion, and I think that when it comes to performing, people just want

to be entertained. If you're not up there having fun, then how can anybody else who is watching you have fun?"

Rowland says she's looking for fun, but doesn't let that cloud her judgement.

"I've turned someone down because they had a wonderful look and they sounded awful. I don't want them to come into this competition thinking they can get on by their looks. It's more than that."

MAJA LUNDAGER PEDERSEN, MWN



Kelly Rowland knows how brutal the music biz can be. THE ASSOCIATED PRESS



Jessica Timberlake

I'm bringing tradition back: Jessica takes on the Timberlake name

Get used to saying "Jessica Timberlake," as Jessica Biel has officially changed her name nearly one year after marrying Justin Timberlake. "It's official. The paperwork is done and she's now legally Jessica Timberlake,"

a source confirms to Life & Style. The actress will still use her maiden name for professional purposes, though, so don't expect to see Jessica Timberlake on any movie posters anytime soon.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Spears heads to the strip for a six-figure-a-day salary



THE WORD
Dorothy Robinson
scene@metronews.ca

Britney Spears has signed a two-year contract with Planet Hollywood Las Vegas to be the headliner of a "cool, hip club-like show," per producers. Her pay out is a cool \$310,000 per show with the starlet performing 48 shows a year.

The final pay out will be around \$15 million a year, per TMZ.com. In May, Spears



talked to Shape about how she is training for the gig. "I'm doing 90 minutes of yoga twice a week in addition to a lot of cardio — hour-long sessions three times a week with my trainer, Tony Martinez," she said. "The (Vegas) performances won't be simple — they'll be a massive party from start to finish. And to pull this off, I have to be in top condition and running at full speed."

Jen says Ben is handling hecklers like a superhero

Complain all you want about Ben Affleck being cast as the next Batman, he can take it. In fact, to hear his wife, Jennifer Garner, tell it, the couple likes to laugh at some of the more outrageous on-line reactions to the news — or at least she does. "I'll send him stuff and I'll say, 'Come on, this is a good one,'" Garner tells Metro World News. As for sparing Affleck's feelings, Garner says not to worry about it. "Look, he's a grown-up, he's been around a long time. He's a pretty tough guy. You don't take one of these jobs expecting anything else," she says.



Jennifer Garner and Ben Affleck

Twitter



@AlbertBrooks

How can we attack Syria without giving Dennis Rodman a chance?



@pattonoswalt

Did Elton John ever rate any of the other nights in terms of fighting? Thursday? Alright? So-so?

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No purchase necessary. Contest open to legal residents of London who have reached the age of eighteen (18) years or older. Odds of winning depend on the number of eligible entries received. 2 prizes to be won, each consisting of 4 tickets to see The Wiggles at the Centennial Hall in London on Tuesday, September 24, 2013 (valued at approx. \$80). Contest closes September 19th, 2013 at 11:59pm. To enter and for complete contest rules, visit www.clubmetro.com



They can stop, and they might stop



Miley Cyrus. ALL PHOTOS GETTY IMAGES

Miley Cyrus unfollowing Liam Hemsworth on Twitter was apparently just the beginning, as the engaged couple are reportedly "on a break" and have put their wedding plans on hold, according to Radar Online. "They've split for now," a source says. "Miley and Liam have a very tumultuous relationship and both are exhausted. It's a complicated relationship. The wedding is on hold for now. It's not cancelled, but it doesn't look promising."



Jaden Smith

What would Uncle Phil say? Jaden takes serious jab at school system

Jaden Smith has some novel ideas about education reform. The 15-year-old son of Will and Jada Pinkett Smith took to Twitter for a serious of pontifications about youth and society. "School is the tool to brainwash the youth," he wrote. "If newborn babies could speak they'd be the most intelligent beings on the planet. If everybody

in the world dropped out of school we would have a much more intelligent society."

Jaden, for his part, reportedly has been home-schooled since earlier this year when the New Village Leadership Academy — founded in 2008 by his parents with an allegedly Scientology-influenced curriculum — was shut down.



Dolce & Gabbana with gradient polar lenses is a good starting point when switching to these kinds of sunglasses. CONTRIBUTED

It's time to upgrade to polarized sunglasses

End of summer. Just because the weather is getting cooler doesn't mean you don't still have to be concerned about your eye care

JULIE KAYZERMAN
Metro World News

With light constantly reflecting off of surfaces like water or cars, regular sunglasses just aren't enough to protect our eyes from harmful bouncing UV rays.

The good news is polarized lenses can block light from getting into your eyes and keep you looking younger.

"The huge benefit is that it does reduce that glare," says Kristen McCabe, vice-president of product at Sunglass Hut.

"If you don't have polarized lenses, even if (your shades are) tinted, the light will still pass through. So when the light is getting into your retina, you squint, which can create premature wrinkles. Polarized lenses not only help you see better, but over time they help you look better, too."

What is polarization?
"Polarization, commonly



Ray-Ban Aviators are the most common polarized lens. CONTRIBUTED



Prada with oversized gradient polar lenses. CONTRIBUTED

known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

How do they work?
"Polarized glasses have special lenses that deflect sun, allowing for a reduction in glare and increased visibility."

McCabe's Picks

For your first pair of polarized frames, Kristen McCabe, vice-president of product at Sunglass Hut recommends a classic like the Ray-Ban aviators.

- **Quote.** "It's such a great versatile shape that's appropriate for every occasion, so that's a real investment piece that you can wear for years."
- **Dolce & Gabbana with gradient polar lenses.** "Gradient lenses are just a little bit softer, more feminine looking."
- **Prada with oversized gradient polar lenses.** "It's an oversize, kind of edgy oval look (offering) that iconic Prada logo."

What is polarization?

"Polarization, commonly known as glare, occurs when light reflects off a surface, like the ocean, a bright blue sky or the open road."

Kristen McCabe
Vice-president of product at Sunglass Hut.

Elisha Dacey

Half Off check-in: A bump in the road

Two weeks ago we introduced Metro Winnipeg editor Elisha Dacey, who has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert.

Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

There have been a few recent bumps ("all part of life," says Dacey) including gallbladder surgery, her daughter starting school and an upcoming move into a new house.

"But I'm determined not to go off course," she says. "I'm trying really hard."

While her home exercise program is on hold, there are still ways to be active.

"In fact, the surgery was a good life event to learn how to prepare knowing that she's not going to be able to lift weights," says Cieciwa.

With the doctor's OK, he wants her to do a 30-minute walk twice a day.

"Depending on weather and fatigue, that's my target and I've walked every day since the surgery," says Dacey.

Some days grocery shopping counts as one walk.

Albert suggested stocking her kitchen with easy-to-prepare food choices.

Albert added that when life presents seemingly insurmountable hurdles, you double down.

"I tell people to start small and create habits that help you focus on the positive."

For example, journal at the same time every day and write down three good eating choices and one bad — if there is one.

For other healthy ways to get unstuck, visit metronews.ca/voices/half-off.

For those following along at home, don't stop doing the home exercise program.

A downloadable version can be found at the above link.

Learn how to do the exercise with Dacey by following the exercise demo videos.

YLVA VAN BUUREN/ FOR METRO

3 TIPS

Creamy soup without cream or butter? Thank us later



ROSE REISMAN
For more, visit
rosereisman.com or
follow her on twitter
@rosereisman

This great tasting Asparagus and Leek Soup doesn't use butter or cream. The potato adds the creamy texture without the fat and calories.

1. Trim asparagus; cut stalks into pieces and set tips aside.
2. In nonstick saucepan, heat oil; sauté garlic, onion, leeks and asparagus stalks until softened, approx. 10 minutes.
3. Add stock and potato; re-

Per serving

98 calories, 6 g protein, 3 g fat, 13 g carbohydrates

duce heat, cover and simmer for 20 to 25 minutes or until vegetables are tender. Purée in food processor until smooth. Taste and adjust seasoning with salt and pepper. Return to saucepan.

4. Steam or microwave reserved asparagus tips just until tender; add to soup. Serve sprinkled with Parmesan cheese.

ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS) BY: ROSE REISMAN

Ingredients

- 3/4 lb asparagus
- 1 1/2 tsp vegetable oil
- 1 tsp crushed garlic
- 1 cup chopped onion
- 2 leeks, sliced
- 3 1/2 cups chicken stock
- 1 cup diced peeled potato
- Salt and pepper
- 3 tbsp grated Parmesan cheese



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Lunch. Shiitake-Ginger Soup with Garlic Pork



1. In zip-close plastic bag, combine the pork medallions, garlic and 1 tablespoon of the vegetable oil. Shake to coat evenly, then refrigerate for at least 2 hours and up to overnight.

2. When ready to cook, in a large saucepan over medium-high, heat the remaining 2 tablespoons of vegetable oil. Add the mushrooms and onion and cook until lightly browned, stirring frequently, about 10 minutes. Add the pork and garlic from the bag, along with the chicken broth. Bring to a boil, then reduce to a simmer, cover, and cook for 30 minutes.

3. Use a slotted spoon to transfer the pork to a plate. Using 2 forks, shred the pork pieces, then return the meat to the pot. Add the ginger and bring to a

boil. Add the noodles and cook until tender, about 4 minutes. Stir in the scallions and adjust the seasoning with salt and pepper. **THE ASSOCIATED PRESS**

Ingredients

- 1-lb pork tenderloin, cut into 1-inch medallions
- 4 cloves garlic, minced
- 3 tbsp vegetable oil, divided
- Two 6-oz containers shiitake mushrooms, stalks discarded, sliced
- 1 large yellow onion, sliced
- 6 cups (1 1/2 quarts) low-sodium chicken broth
- 2 tbsp grated fresh ginger
- 6.2 oz soba noodles (two-thirds of a 9.3-oz package)
- 3 scallions, sliced
- Salt and ground black pepper

Goodness of green juice cooked into a hearty meal

1. Heat the oven to 400 F.
2. In saucepan over medium, heat 1 tablespoon of oil. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add garlic and cook, stirring for 1 minute. Add potatoes, 4 cups of the stock and

Ingredients

- 2 tbsp extra-virgin olive oil, divided
- 1 cup finely chopped onion
- 1 tbsp minced garlic
- 1 lb Yukon gold (or other thin-skinned potatoes), cut into 1-inch chunks
- 4 to 5 cups low-sodium chicken or vegetable broth
- 1/2 cup dry white wine
- 6 cups torn kale leaves
- 6 cups baby spinach leaves
- 1 tsp red pepper flakes, or to taste
- Salt
- 1/4 lb thinly sliced prosciutto
- 12 1/2-inch-thick diagonally cut slices of baguette
- 1/2 oz finely grated Parmigiano-Reggiano cheese

wine. Bring to boil, cover pan and simmer for 10 minutes.

3. Add kale, cover pan, then simmer another 10 minutes. Add spinach and pepper flakes, cover, and simmer 5 minutes.

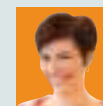
4. Working in 2 batches, transfer 3 cups total of soup solids, with little added broth each time, to blender and purée until smooth. Be careful, hot foods expand in blender. Return purée to the saucepan, add salt to taste and the additional cup of stock if necessary to achieve the desired texture. Heat until hot.

5. Meanwhile, set wire rack over rimmed baking sheet. Arrange prosciutto slices in a single layer on the rack, then bake on oven's middle rack 12 minutes, or until they begin to crisp. Remove rack from sheet pan and set it on counter to let the prosciutto cool. When cool, crumble the prosciutto.

6. Arrange the baguette slices in single layer on the sheet pan and brush them with the re-

Health Solutions

Shoots, sprouts and leaves



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Remember when alfalfa sprouts were the stuff of hippies and all the rage? Talk to Roy and Ginny Stewart Love of Roy's Acres Farm in Grey Highlands in Ontario and they will tell you micro greens are the new "sprouts".

Micro greens are actually grown in soil so the downside and danger of the anaerobic E. coli and salmonella of sprouts started in a closed container can't happen. These babies are simply the beginnings of the whole vegetable.

Loaded with four to six times more nutrients than the full vegetable, trays of peas and beet greens are often used as decor before being snipped into salads and sandwiches.

You will never

find a fresher, more nutrient dense vegetable than one that was snipped seconds before it landed on your tongue.

What to look for in micro greens:

- Can't buy these artisanal treats at the grocery store? You will have more luck at small markets, 100 mile markets and farmers markets.
- Aim for fresh, bright, perky leaves throughout.
- Try varieties like: popcorn shoot, various mustards, purple kohlrabi, kale, chervil, cilantro, radish, arugula shoots, flax microshoots, fenugreek sprouts and the all familiar wheatgrass.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Potato & Greens Soup with Parmesan Toasts



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

maining tablespoon of olive oil. Bake them on the oven's middle shelf until golden brown, 8 to 10 minutes. Sprinkle the grated cheese evenly over them, return the slices to the oven and bake until the cheese is just melted, 1 to 2 minutes.

7. To serve, ladle the soup into 4 bowls, then top each portion with some of the prosciutto crisps and 3 toasts on the side.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Kids' CDs even parents will like

Reasons Mommy Drinks. Set fire to that Mickey Mouse Clubhouse album and turn to these 5 gems of musical genius

Real talk. Most children's albums were designed to make parents curl up into a hole and die.

Saccharine and repetitive, they also contain subliminal messaging that instruct children to "cry, scream and throw things in moving vehicles unless you play said album on repeat at loud volumes."

Don't worry, we've culled the hit list down to five albums you might even, gasp, enjoy.

So set fire to that Mickey Mouse Clubhouse CD and hit up iTunes for these gems of jammin' genius.

1. For the Kids.

A three-album compilation by various adult artists, including Canuck crooners Sarah Harmer, The Barenaked Ladies, Sarah McLachlan and Canada's pre-Chavril pop sweethearts Chantal Kreviazuk and Raine Maida. Hooray for Can-Con! Bonus: A portion of the proceeds go to charity. How can you NOT check it out?

2. Jack Johnson Curious George Soundtrack.

It's mellow, catchy and will bring you back to Birkenstock-wearing summers of times past. Chillax, kids.

3. They Might Be Giants No!

Tracks like Robot Parade may actually have you singing along. Ironic and random, kids won't get the level of humour mommy and daddy will take from it.

4. Various rad artists, Schoolhouse Rock Rocks.

Dropped in the mid-'90's, bands like Blind Melon and Moby sing old school hits like Three is a Magic Number. Yeah, it is now.

5. Bob Marley Greatest Hits.

Apparently reggae has the same RPMs as a heartbeat and children, especially babies, find it very soothing. Pass the iPod on the left hand side.

FOLLOW AUTHORS LYRANDA MARTIN EVANS AND FIONA STEVENSON @MOMMYREASONS AND PICK UP THEIR NEW BOOK, REASONS MOMMY DRINKS, IN BOOKSTORES NOW.



Not all children's albums will make your ears bleed. iStock

Foster care: An often overlooked option



Fostering a teenager can be a surprisingly positive experience. iStock

Cris Beam was a 28-year-old high school teacher when she took in a 17-year-old student who had been kicked out of a group home and was headed to juvenile hall — not because she had committed a crime, but because there was just no room for her.

"I didn't have any experience," says Beam about her foster care decision, "but I loved this kid, and she and I kind of figured it out together."

As many people try desperately to have their own biological children, Beam tells Metro that another option is often overlooked. "There are wonderful kids right here, all the time, right in your neighbourhood,

that need homes," she says.

She dives deeper into the subject, along with her own experience as a foster mother, in her new book, *To the End of June: The Intimate Life of American Foster Care*.

A rewarding choice

Potential parents might picture the horrors of teenager-itis and their notoriously difficult attitudes — but think again, Beam says, because fostering a teenager can actually be a surprisingly positive experience.

"It's rewarding because teenagers are funny, and these are kids that have lived very rich and resilient lives, so they have a lot to teach us

about survival," she says.

Beam admits that in most cases, the reward takes time, but by then "you have a family, you have this person in your life that really loves you back," she says. "I was surprised at how deep the bond grew and how quickly with my daughter."

Why foster a child?

According to Beam, as children are removed from their homes, they suffer a traumatic experience and need to grieve their loss.

"We were all 18 once. We've all been broken-hearted; we've all lost jobs; we've all struggled. And what do we need?

We need help. We need people to help us," explains Beam.

Get the truth

Being a foster parent isn't the most talked-about subject, but that may be in part because of the numerous victims of its misconceptions.

"I think that there's a misconception that the kids are really damaged," says Beam. "When you get inside (the foster care system), you see that it's all human beings, and if you stick with them, they're all kids just like any other kids."

So, she suggests, don't forget about the kids that are right in your community.

JULIE KATZMAN/FOR METRO



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How smartphones are changing the way Canadians go shopping



Experts predict by 2014 more local searches will come from smartphones than any other computing device. ISTOCK

Rise of mobility.

Today consumers compare prices, make reservations and interact online — over their mobile device

A recent study by market research company eMarketer revealed that more than 10 million Canadians were smartphone owners in 2012.

Mobile devices are eating into personal computing in a big way, and experts predict that by 2014 more local searches will come from smartphones than any other computing device, drastically changing the way people shop and locate information.

Digitization has become a societal issue for small businesses and consumers alike.

"Today, people compare prices, make reservations and interact online to make sure they are getting the biggest bang for their buck and share their shopping experience," says Matthieu Houle, director

of digital consumer experiences for Yellow Pages Group.

Tools such as mobile analytics allow businesses to learn from every interaction and predict where, when and how people are most likely to make their next purchase.

A mobile environment allows consumers to connect with the brand. That's why a creative and simple design is key. At the very least, a mobile site that stems from a business's main web page is mandatory. With a site that's optimized for mobile, customers can access a business's important contact information from anywhere.

"Mobile applications, which an increasing number of people are using to optimize their search, take the experience one step further," says Houle.

"Businesses can also optimize their offerings thanks to contextual information or personalization based on data taken from past experiences and individual preferences. For instance, if it rains, maybe your local store runs a mobile campaign offering a

Not just a number

"Through interactive mobile sites and search applications, shoppers have easy access to reviews and opinions, meaning every customer experience counts."

Matthieu Houle, director of digital consumer experiences for Yellow Pages Group

special on umbrellas helping match their services with current needs."

As people continue to use an ever-increasing number of devices to get online, digital marketing companies are offering more and more multi-device marketing solutions and are making these options accessible for small businesses.

Local organizations, for which every dollar counts, greatly benefit from these kinds of marketing tools, which help them stand out from the competition and attract customers. **NEWS CANADA**

6 easy steps to promote your business

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As a small business owner, you've come up with a creative idea for a product and have considerably invested in business start-up and production.

Promoting your business is the next step, but it may be difficult to envision effective marketing solutions without shelling out huge amounts of money. Raphael Lapointe, director of digital product management for Yellow Pages Group, shares six easy steps that can highlight your business' distinctive personality:

- Go digital. For many people, if a business doesn't have an online presence, it doesn't exist. Although having your own website is optimal, there are many free online listings that allow small businesses to post their online profile such as YellowPages.ca, Google, Yelp and Facebook.

- Go mobile. More customers are making purchase deci-



Chances are if you haven't gone digital, you aren't reaching customers. ISTOCK

sions as they go, through their mobile device. At the very least, make sure your online site is optimized for smartphone compatibility.

- Be relevant. Local buyers want to know who you are. Pertinent content like pictures and videos will make it easy for them to choose you over your competitors.

- Include video. Four out of five online consumers say

watching a video improves their impression of a business.

- Be there first. A majority of consumers will click on one of the first three results generated by an online search. Develop a search engine optimization strategy that will improve the visibility of your site.

- Get results. Invest in a start-up package and see how these tools improve your visibility. **NEWS CANADA**

OUA football

Mustangs pair named week's top players

Western Mustangs Beau Landry and Lirim Hajrullahu have been named OUA football players of the week.

Landry led the Mustangs defence Saturday with 10.5 tackles, while adding one sack and recovering two fumbles.

The linebacker, recently named the top-ranked OUA prospect for the 2014 CFL draft, is currently in second place among all CIS defenders with 27 tackles this season.

Hajrullahu contributed 19 points in the Mustangs' 83-27 win over Ottawa. The fifth-year kicker was 3-for-3 on field goals and added 10 extra points.

He currently leads all CIS players with 70 points. It's the second week in a row he has won the honour.

METRO

NHL

Panthers give tryout to Thomas

Tim Thomas wanted back in the NHL. The Florida Panthers wanted goaltending help.

It might be a perfect match.

The two-time Vezina Trophy winner agreed to a tryout deal with the Panthers on Monday, nearly a year and a half removed from his last game in the NHL. Thomas wrote on his Facebook page in 2012 that he was taking a season off to focus on "friends, family and faith." He made news by not joining the Bruins on their visit to the White House after their 2011 Stanley Cup win, skipping the event because the "federal government has grown out of control."

THE ASSOCIATED PRESS



Leafs goalie Jonathan Bernier lets in a goal against the Philadelphia Flyers in the dying seconds of the first period of Monday night's pre-season game at the Air Canada Centre in Toronto. DAVID COOPER/TORSTAR NEWS SERVICE

Net changes add offensive dimension

NHL. Leafs' Reimer says goaltenders will have to adjust to more room behind goal-line

The hockey world saw the season's first wraparound goal — Winnipeg's Scott Kosmachuk scored it — on Saturday night in an exhibition game between the Jets and Washington Capitals.

Why is that significant? Well, Kosmachuk had more space to score it than any player in NHL history because the dimensions of the nets have changed.

They are shallower, al-

lowing more room behind the net, and the base doesn't flare out as much as it used to. All of which equates to more space to operate.

There was no change to the net's six-foot width and four-foot height, only its depth behind the red line. That makes the wraparound an enticing, and more dangerous, offensive tool.

"Obviously it's an easier thing to do," Maple Leafs coach Randy Carlyle said of the wraparound. "The bigger men playing the game can take advantage of it. It's something the goalies are going to have to work on. It's a shorter distance around the net for the player to stuff (the puck)

and do the wraparound."

There are other changes in store for goalies. For one, pads are smaller — generally by two inches each, making a four-inch swing in protecting the five-hole.

All of this is supposed to increase scoring. So goalies have a built-in excuse "if exhibition season doesn't go well," joked Leafs goalie James Reimer.

"The goal pads are different. They are really different. You don't notice it in practice. The direct shot doesn't affect it. If you were wearing shinpads, you'd still stop the direct stop. It's the deflections and where you open up. That's where you're going to

Pinky pain

The Toronto Maple Leafs were hoping to see what more Frazer McLaren could do beyond fighting, but that experiment will have to wait.

- An MRI revealed that McLaren suffered a fractured right pinky finger at practice Sunday, according to coach Randy Carlyle. The team did not set an official time frame for the enforcer's return.

THE CANADIAN PRESS

be vulnerable."
TORSTAR NEWS SERVICE

MLB

Tigers' Peralta prepares to return

Jhonny Peralta is expected to leave for the instructional league this week so he can keep working toward rejoining the Detroit Tigers after completing his 50-game suspension.

Manager Jim Leyland says Peralta will leave Wednesday for the instructional league in Florida, where he'll play in the outfield.

Peralta was Detroit's starting shortstop, but the Tigers acquired Jose Iglesias from Boston just before Peralta was suspended following baseball's investigation into Biogenesis of America, a Florida anti-aging clinic accused of distributing banned performance-enhancing drugs.

General manager Dave Dombrowski already has said if Peralta returns, it won't be as the team's starting shortstop.

THE ASSOCIATED PRESS

MLB. Rockies' Helton to end career after season 17

Todd Helton has had enough.

Having decided earlier this year that this will be his final season, the Colorado Rockies decided to go public.

"I didn't want to say I was going to return and then come back in," Helton said before Sunday's game against Arizona. "I talked to my wife and thought about my body and mentally how I felt going

out there for every game. I'm 40. It's time to go. It's a young man's game."

Helton has spent his entire 17-year major league career with the Rockies and set franchise records in nearly every offensive category. He announced his decision after Saturday night's 9-2 loss, when he hit his 586th double.

THE ASSOCIATED PRESS



Todd Helton announces his retirement on Monday. THE ASSOCIATED PRESS



Rookie quarterback EJ Manuel looks upfield during Buffalo's 24-23 win over the Panthers on Sunday in Orchard Park, N.Y. RICK STEWART/GETTY IMAGES

Bills coach sticks with tough-love approach for QB

NFL. Marrone slow to praise EJ Manuel despite late-game dramatics in weekend win over Panthers

No, no, and six times no. Buffalo Bills coach Doug Marrone was in no mood Monday to join the chorus of praise directed at his rookie quarterback.

While Bills players and fans were still buzzing a day after EJ Manuel displayed poise and flair in leading Buffalo to a last-second 24-23 win over Carolina, Marrone wasn't making apologies for being a wet blanket.

Dramatic as the comeback was, Marrone insisted that Manuel hasn't yet arrived two weeks into the season.

Room to improve

Marrone pointed to several miscues, including two second-half turnovers — a fumble and interception — Manuel committed on consecutive possessions, both of which led to Panthers field goals.

- "There's a lot of things that we have to clean up for him," Marrone said. "There's a lot of mistakes that are out there that he committed that we don't expect."

"Oh, no, no. C'mon, no," Marrone said, before repeating "No," three more times. "Don't get me wrong, we're excited

about that. And that's what we expected. But there's some other things that we need to get out of him, and we will."

Marrone preferred holding Manuel to a much higher standard by judging his performance over the entire 60 minutes rather than what the first-round pick out of Florida State accomplished with 1:38 left. With no timeouts, Manuel capped a nine-play, 80-yard drive with a two-yard touchdown pass to Stevie Johnson with two seconds remaining.

In doing so, Manuel delivered his rookie head coach and the new-look Bills (1-1) their first victory of the season. And he became only the fifth NFL rookie since 1960 to produce a fourth-quarter comeback victory in his first or second game.

THE ASSOCIATED PRESS

NFL

Knee injury won't sideline Bush for long: Lions

Detroit Lions coach Jim Schwartz says tests on Reggie Bush's left knee were "encouraging," and his ailment isn't a long-term injury.

Bush took a helmet to his left knee in the first half Sunday at Arizona and played only briefly in the third quarter, leading to the Lions losing 25-21.

Schwartz says Bush was on his way to contributing a lot. He accounted for 69 yards of offence in two-plus quarters against the Cardinals after having 191 yards from scrimmage in an opening-week win over Minnesota in his Detroit debut.

The Lions definitely missed Bush against Arizona, where they were held scoreless on offence in the second half.

Bush told reporters after the game he didn't think the injury was serious.

"The tests (Monday) were encouraging," Lions coach Jim Schwartz said. "He's going to be sore, but he doesn't have anything that's long term."

THE ASSOCIATED PRESS

Premier League. Former referee warns of suicide risk among profession

Former Premier League referee Mark Halsey fears officials could commit suicide as a result of the pressures related to the job.

Halsey wrote in his autobiography, which has been serialized by The Sun newspaper, that his former colleagues should receive more help to cope with the stress of the Premier League and increased media scrutiny.

"It will not be long before a referee has a nervous breakdown," said Halsey, who retired at the end of last season. "I also believe that if we do not do something to help referees with mental health and stress issues, then we could see a suicide."

Halsey set out his argument by recalling the case of Bundesliga referee Babak Rafati, who had been found with his wrists slit in the bath of a hotel room before he underwent treatment for depression.

Halsey added that because of the increased social- and mass-media attention, referees need to be mentally tough both on and off the field.

"With the referees coming through younger and younger, I do fear that they could suffer



Former official Mark Halsey
GETTY IMAGES

from burn-out," he said.

Halsey was diagnosed with throat cancer in 2009 but returned to refereeing in March 2010. He was abused on Twitter by football fans last season after officiating a 2-1 win for Manchester United against Liverpool. The abusive tweets referred to his treatment for cancer.

Halsey said he received support from managers and colleagues at the time but felt the Professional Game Match Officials Limited, a group formed in 2001 to improve refereeing standards, could have been more helpful. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	92	59	.609	—
Tampa Bay	81	67	.547	9½
Baltimore	79	70	.530	12
New York	79	71	.527	12½
Toronto	68	81	.456	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	86	63	.577	—
Cleveland	81	68	.544	5
Kansas City	78	71	.523	8
Minnesota	64	84	.432	21½
Chicago	58	91	.389	28

WEST DIVISION

	W	L	Pct	GB
Oakland	88	61	.591	—
Texas	81	67	.547	6½
Los Angeles	72	77	.483	16
Seattle	66	83	.443	22
Houston	51	98	.342	37

Monday's results

Seattle at Detroit
Texas at Tampa Bay
Cincinnati at Houston
Minnesota at Chicago White Sox
Cleveland at Kansas City
L.A. Angels at Oakland

Sunday's results

Baltimore 3 Toronto 1
Minnesota 6 Tampa Bay 4
L.A. Angels 2 Houston 1
Oakland 5 Texas 1
Cleveland 7 Chicago White Sox 1
Boston 9 N.Y. Yankees 2
Detroit 3 Kansas City 2

Tuesday's games — All times Eastern

N.Y. Yankees (Pettitte 10-9) at Toronto (Dickey 12-12), 7:07 p.m.
Seattle (Mauer 4-8) at Detroit (Sanchez 14-7), 7:08 p.m.
Texas (Tepesch 4-6) at Tampa Bay (Hellickson 11-8), 7:10 p.m.
Baltimore (Feldman 5-4) at Boston (Dempster 8-9), 7:10 p.m.
Cincinnati (Leake 13-6) at Houston (Lyles 7-7), 8:10 p.m.
Minnesota (Pelfrey 5-12) at Chicago White Sox (Quintana 7-6), 8:10 p.m.
Cleveland (Kluber 9-5) at Kansas City (Ventura 0-0), 8:10 p.m.
L.A. Angels (Richards 7-6) at Oakland (Gray 3-3), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	89	60	.597	—
Washington	79	70	.530	10
Philadelphia	69	80	.463	20
New York	67	82	.450	22
Miami	55	94	.369	34

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	87	62	.584	—
St. Louis	87	62	.584	—
Cincinnati	84	66	.560	3½
Milwaukee	65	83	.439	21½
Chicago	63	86	.423	24

WEST DIVISION

	W	L	Pct	GB
Los Angeles	86	63	.577	—
Arizona	75	73	.507	10½
San Francisco	69	81	.460	17½
San Diego	68	80	.459	17½
Colorado	68	82	.453	18½

Monday's results

Atlanta at Washington, ppd.
San Diego at Pittsburgh
Miami at Philadelphia
Chicago Cubs at Milwaukee
St. Louis at Colorado
L.A. Dodgers at Arizona
Sunday's results
San Francisco 4 L.A. Dodgers 3
St. Louis 12 Seattle 2
San Diego 4 Atlanta 0
Arizona 8 Colorado 2
Washington 11 Philadelphia 2
N.Y. Mets 1 Miami 0 (12 inn.)
Milwaukee 6 Cincinnati 5
Pittsburgh 3 Chicago Cubs 2

Tuesday's games — All times Eastern

Atlanta (Minor 0-1) at Washington (Haren 9-13), 1:05 p.m.
San Diego (Stults 8-13) at Pittsburgh (Locke 10-5), 7:05 p.m.
Miami (Flynn 0-1) at Philadelphia (Halladay 3-4), 7:05 p.m.
Atlanta (Garcia 1-1) at Washington (Roark 6-0), 7:05 p.m.
San Francisco (Petit 3-0) at N.Y. Mets (Wheeler 7-5), 7:10 p.m.
Chicago Cubs (Samardzija 8-12) at Milwaukee (Estrada 6-4), 8:10 p.m.
St. Louis (Kelly 8-4) at Colorado (Nicasio 8-7), 8:40 p.m.
L.A. Dodgers (Greinke 14-3) at Arizona (Corbin 14-6), 9:40 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	11	7	4	0	321	288	14
Hamilton	11	5	6	0	288	303	10
Montreal	11	4	7	0	259	321	8
Winnipeg	11	2	9	0	224	333	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	11	9	2	0	346	268	18
Saskatchewan	11	8	3	0	354	258	16
B.C.	11	7	4	0	301	280	14
Edmonton	11	2	9	0	259	301	4

Sunday's result

B.C. 36 Montreal 14

Friday's game — All times Eastern

Edmonton at Winnipeg, 8 p.m.

Saturday's games

Montreal at Hamilton, 4 p.m.

Toronto at Calgary, 7:30 p.m.

Sunday, September 22

B.C. at Saskatchewan, 4:30 p.m.

NFL

Monday's result

Pittsburgh at Cincinnati

Sunday's results

Green Bay 38 Washington 20

Arizona 25 Detroit 21

Baltimore 14 Cleveland 6

Denver 41 N.Y. Giants 23

San Diego 33 Philadelphia 30

Houston 30 Tennessee 24

Atlanta 31 St. Louis 24

New Orleans 16 Tampa Bay 14

Oakland 19 Jacksonville 9

Miami 24 Indianapolis 20

Chicago 31 Minnesota 30

Seattle 29 San Francisco 3

Kansas City 17 Dallas 16

Buffalo 24 Carolina 23

MLS

Friday's game — All times Eastern

Colorado at Portland, 10 p.m.

Saturday's games

Vancouver at Montreal, 2 p.m.

Kansas City at Toronto, 4 p.m.

Chicago at Columbus, 7:30 p.m.

D.C. at New England, 7:30 p.m.

Chivas at Houston, 8:30 p.m.

San Jose at Salt Lake, 9 p.m.

Seattle at Los Angeles, 10:30 p.m.

Sunday, September 22

Dallas at New York, 5 p.m.

Horoscopes

Aries

March 21 - April 20

Do whatever it takes to stay calm today because if you get angry, you will be at a disadvantage. Someone may be saying things merely to get a reaction. The best reaction is no reaction.

Taurus

April 21 - May 21

You never like being told what to do but you must listen to what a friend tells you. If you learn from their mistake, you won't make the same one.

Gemini

May 22 - June 21

Think first then act decisively. With your ruler Mercury linked to action planet Mars you have what it takes to do something remarkable, something that will be remembered and talked about for many years to come.

Cancer

June 22 - July 23

You may have to tell a lie to spare a friend's blushes today but make sure it is only a small one. The last thing you want is to get a rep for dishonesty. Your social standing means more than their red face.

Leo

July 24 - Aug. 23

If you have a good idea today — and you will — make sure you keep it to yourself. Yes, of course, you are a generous soul by nature but if you are too generous others could get rich and famous at your expense.

Virgo

Aug. 24 - Sept. 23

The best way to change a habit of some sort is to replace it with a different habit — one that is more positive. If you just try to give up on something today, it won't work. You've got to be cunning.

Libra

Sept. 24 - Oct. 23

It will be all too easy over the next 24 hours to allow yourself to be diverted by things that don't matter and neglect things that do matter. Stay focused.

Scorpio

Oct. 24 - Nov. 22

Someone will try to undermine your reputation today by circulating stories about you that are not true. When you find out who it is, make sure they know, and everyone knows, you are not amused.

Sagittarius

Nov. 23 - Dec. 21

The latest fad or fashion may be pretty hot but is it right for you? The planets suggest you might like to give this one a miss and wait for something better to spend your time and money on.

Capricorn

Dec. 22 - Jan. 20

New responsibilities have brought more work and while you are no stranger to giving one hundred per cent, it might be wise to take a break today.

Aquarius

Jan. 21 - Feb. 19

Whatever your personal code of conduct may be, you must live up to it today. If you fall short in any way, your rivals will seize the chance to make you look bad. Make sure you can reach your lofty ideals.

Pisces

Feb. 20 - March 20

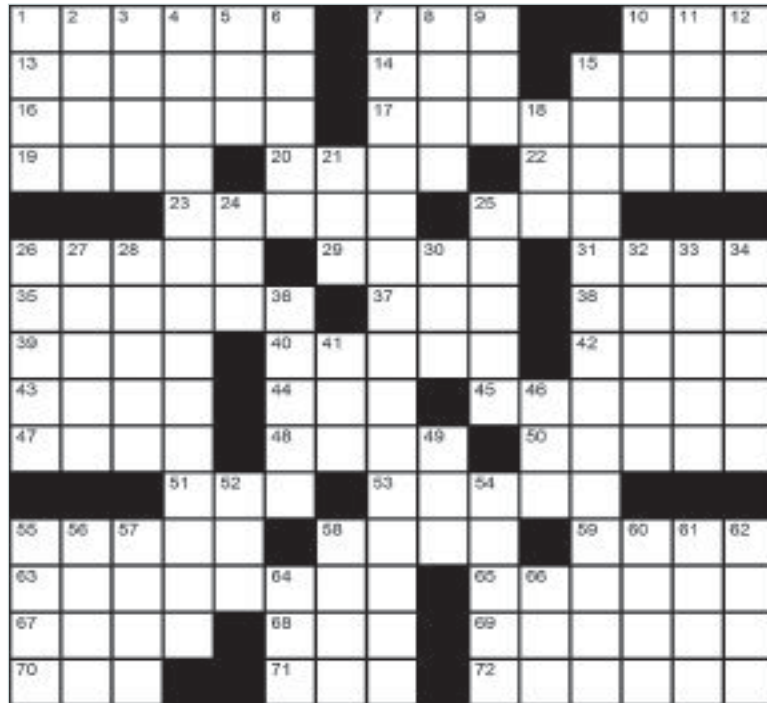
What happens today won't be wonderful exactly but neither will it be awful, so stop fearing the worst and get back into the mainstream of life. You know the old saying: You can't win it unless you're in it!

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Cold War era gig: 2 wds.
7. Bouquet delivery co.
10. 30-day mo.
13. "I'm not alone in thinking this?": 2 wds.
14. Fib
15. Bug type
16. Epic Records mogul, ___
17. Nova Scotia town
19. Mountain stat.
20. Christian denomination, for short
22. Joy of Cooking author, ___
23. "Juno" (2007) star Ms. Page
25. Wheel part
26. Tea party treat
29. Taj Mahal's site
31. 2001 Yann Martel novel, Life ___: 2 wds.
35. Land promised in The Book of Exodus
37. Texas tea
38. "Smells Like ___ Spirit" by Nirvana
39. Wholly ___ part
40. Weight unit
42. French singer Edith
43. Beat a path
44. ___ humour
45. "Donnie ___" (1997)
47. Bit of Justin T.'s group
48. Celebes buffalo
50. Fall flower
51. "Oy!"



53. Condo spaces
55. Actress Ms. Birch
58. Sprout
59. Bee-ish bug
63. Halved: 3 wds.
65. Meteorological map line
67. Tropical birds
68. Back the tape up, briefly
69. Composed

70. Un-light times, for short
 71. Holiday ___
 72. British Columbia band
- Down**
1. Reality star Ms. Richards
 2. Hockey highlight
 3. Hockey great, Pavel ___

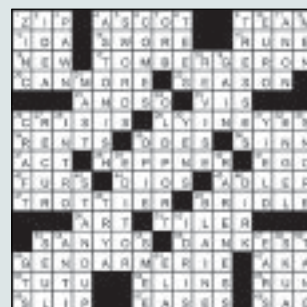
4. CBC daytime show: 3 wds.
5. Hawaiian dish
6. The Alps song
7. Rita MacNeil hit: 4 wds.
8. Ms. Carrere's
9. German article
10. Grad
11. "Dancing with the Stars" pro Ms.

- Murgatroyd
12. Cheers!
15. ___? (Sign In area message)
18. "Amado ___": Song from "Gilda" (1946)
21. Little legume
24. Canadian dairy products brand, Gay ___
25. Spy for Moses

26. Robert Burns, and others
27. Tote
28. Beatles song: "Glass ___"
30. Singer/songwriter Mr. Ocasek
32. "1234" Canadian songstress
33. Alberta's ___ River
34. Has it ___ (Holds a grudge): 2 wds.
36. "Never.": 2 wds.
41. Samovar
46. Mouse's friend
49. Year: Spanish
52. 'Jacob' suffix
54. "If that could only be true!": 2 wds.
55. National highway, commonly
56. Track down
57. Actress, Carre ___
58. Ms. Stefani
60. Son of Eve
61. Rational
62. Zebra, to a lion
64. Prefix with 'cycle'
66. Behold

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword

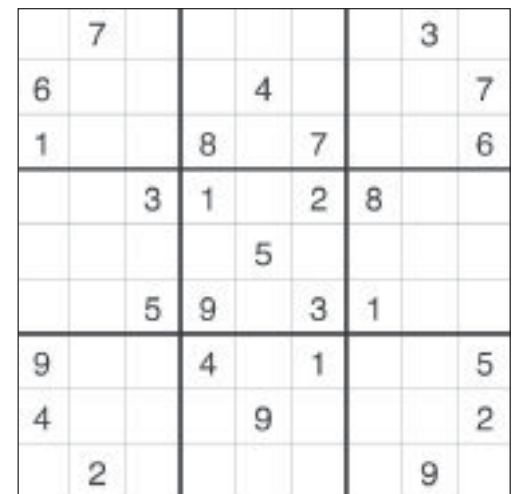
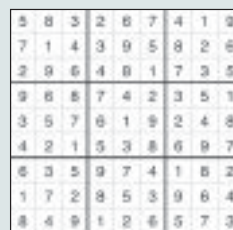


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today 19°/8° Sunny

Wednesday 22°/13° Sunny

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